

Sample Menus for Older Babies – 8 to 10 months

Every baby is different. Your baby may eat more or less than these amounts.

Menus	Day 1	Day 2
Breakfast	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons mashed banana, 2 to 4 tablespoons breastfeed or 4 to 6 ounces formula (after breakfast) 	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons applesauce, 2 to 4 tablespoons breastfeed or 4 to 6 ounces formula (after breakfast)
Mid Morning	 ½ slice toasted bread, cut in small squares baby food fruit, 2 to 4 tablespoons breastfeed or 5 to 6 ounces formula 	 2 unsalted crackers baby food vegetables, 2 to 4 tablespoons breastfeed or 5 to 6 ounces forrmula
Lunch	 baby food chicken, 1 to 3 tablespoons cooked rice, 2 tablespoons, mixed with baby food carrots, 2 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup 	 cooked egg yolk, 1 to 2 tablespoons, mashed with cooked potato, 2 to 4 tablespoons, and chicken broth ½ whole wheat tortilla, in small pieces breastfeed or 3 to 4 ounces formula in a cup
Mid Afternoon	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons baby food peaches mixed with chopped peeled peach, 2 to 4 tablespoons breastfeed or 4 to 6 ounces formula 	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons chopped banana, 2 to 4 tablespoons breastfeed or 4 to 6 ounces formula
Dinner	 mashed beans, 1 to 2 tablespoons small pieces of soft tortilla, 2 to 3 chopped soft cooked sweet potato, 2 to 4 tablespoons small pieces cheese, 1 tablespoon breastfeed or 3 to 4 ounces formula in a cup 	 small pieces cooked ground beef, 1 to 2 tablespoons cooked chopped noodles, 2 tablespoons chopped soft cooked broccoli, 2 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup
Bedtime	 baby food vegetables, 2 to 4 tablespoons breastfeed or 5 to 6 ounces formula 	 baby food fruit, 2 to 4 tablespoons breastfeed or 5 to 6 ounces forrmula

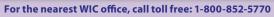


Sample Menus for Older Babies – 10 to 12 months

Every baby is different. Your baby may eat more or less than these amounts.

Menus	Day 1	Day 2
Breakfast	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons small slices peeled banana, 3 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup 	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons small slices peeled peach, 3 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup
Mid Morning	 baby food fruit, 2 to 4 tablespoons, spread on ½ slice toasted bread breastfeed or 5 to 7 ounces formula 	 baby food vegetables, 2 to 4 tablespoons, spread on 2 unsalted crackers breastfeed or 5 to 7 ounces formula
Lunch	 chopped cooked chicken, 2 to 4 tablespoons cooked rice, 2 tablespoons, mixed with baby food vegetables, 2 tablespoons small pieces soft cooked broccoli, 3 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup 	 cooked ground beef, 2 to 4 tablespoons mashed potato, 2 tablespoons, mixed with baby food vegetables, 2 tablespoons small pieces soft cooked carrots, 3 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup
Mid Afternoon	 baby cereal mixed with breastmilk or formula, 2 to 4 tablespoons small slices peeled melon, 3 to 4 tablespoons breastfeed or 5 to 6 ounces formula in a cup 	 dry WIC cereal, 2 to 4 tablespoons small pieces peeled ripe pear, 3 to 4 tablespoons breastfeed or 5 to 6 ounces formula in a cup
Dinner	 macaroni and cheese, 3 tablespoons small pieces soft tofu, 1 tablespoon baby food peas, 3 to 4 tablespoons breastfeed or 3 to 4 ounces formula in a cup 	 mashed beans, 2 to 3 tablespoons ½ soft tortilla with melted cheese, cut in small pieces small pieces soft cooked zucchini, 3 to 4 tablespoons breastfeed or 3 to 4 ounces formula
Bedtime	 baby food vegetables, 2 to 4 tablespoons breastfeed or 5 to 7 ounces formula 	 baby food fruit, 2 to 4 tablespoons breastfeed or 5 to 7 ounces formula





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